

WOMAN'S WORLD.

SOME GOOD ADVICE TO MOTHERS UPON A VITAL SUBJECT.

Hints to Women Mothers—Justice For the Summer Girl—Women and the Supreme Court—Mary Hallock Foote—Changed Dresses at the Races.

There are many parents who seem to have no realizing sense whatever of the proper diet for children. They give them whatever they happen to have at hand, or what is much to the same purpose, anything they cry for. The infant mortality of the country is something awful, when one considers it. Hundreds of thousands of children die every year, many of them from the effects of injudicious feeding alone.

In hot weather children should be carefully watched and never permitted to touch articles of food that are at all questionable. A little perfectly ripe fruit, either with a little gruel or other suitable diet, should be given. If a child is at all delicate or the digestion seems to be at fault, cooked fruit may be given. This is eminently safe and always reliable. Use as little sugar as may be in order to render the sauce palatable, and carefully select the kind to be given. Cooked strawberries and blackberries, with the seeds strained out, are excellent and may be eaten freely. Raspberries are usually safe to give without cooking, provided they are perfectly ripe and thoroughly washed. Very acid fruits are not to be given to young children. The reason for this is that, being largely on a milk diet, the acid in the fruit makes a thick, tough curd in the stomach, which, in many cases, it is impossible to digest. Oranges disagree with a great many persons, and although they are almost universally recommended for children the utmost care should be observed as to whether they disagree, for there is probably no form of indigestion so distressing as that produced by oranges. Pineapple has upon some persons a somewhat similar effect, only usually less severe.

There are many persons who are opposed to the use of meats, especially in hot weather. It is, however, safe to say that properly made soups and a small bit of well cooked meat cut into tiny shreds and thoroughly masticated can do no harm to delicate children and often produce the happiest results.

There is in many vegetables an element that, in itself harmless when it exists in the digestive organs in any quantity yet furnishes nutriment for a deadly germ. This germ will not flourish unless this substance is present. Vegetables of various sorts are especially productive of this element; therefore the best authorities on cholera and kindred diseases have found it necessary to restrict the use of certain vegetables in extremely hot weather. Whatever is given, however, must be thoroughly cooked and should be kept as completely excluded from outside air as possible. If children are feverish, cross and unmanageable, it is well to try a diet of gluten bread and carefully prepared broth or soup. The meat should be perfectly fresh and cooked a long time. Vegetables may be added, but should be strained out before the soup is served. Milk, if there is any doubt about it whatever, should be sterilized before using. All utensils used for cooking children's food ought to receive the most rigid inspection, and no question should be allowed as to their perfect cleanliness. Few people realize that a dish of milk standing in a tainted icebox may in a few hours collect disease germs enough to poison an entire family, and while the robust constitutions of adults may be able to resist the poison, delicate children succumb to it.

It is not necessary that a child's diet be extremely varied. It is much better to restrict it during the hot season to certain articles that are known to be easy of digestion and to make dietetic experiments at other seasons of the year, if they are made at all.—New York Ledger.

Hints to Women Mothers.

Do not place too much trust in buttons and strings. Re-enforce all fastenings by safety pins. You will enjoy your bath much better if not oppressed by a conviction that when you leave the briny deep for the beach your stockings will be a wad of wet cloth around your ankles.

When the eventful moment arrives when you are ready to open the door of your bathroom and appear before a critical company, you will probably be seized with a distaste for your costume. You will long, quite absurdly, but nevertheless strongly, for long skirts and sleeves. Remember at such crucial periods that matters will not be improved by delay, and that the best place in which to hide your abbreviated draperies is in the water, not in front of the bathroom door.

Brown locks or golden done up in coquettish knots are pleasant to look upon than oilskin caps. But salt water plays havoc with coquettish knots. Unless you are prepared to follow every sea bath by a shampooing period of greater or less length, cover your crowning glory with an unpretentious cap.

The woman who is "learning to swim" is the recipient of much more attention than she who knows how to swim. If the society and advice of men are dear to you even in the vast deep, never quite master the gentle art of swimming, but always be about to master it.

Don't venture beyond your depth and allow yourself to be rescued more than once or twice during the season. It's romantic, of course, but even a romantic thing can be done often enough to become merely risible.

Don't show your love of the water by staying in very long. It is a pleasant thing to talk about, one's love of the water, but to display it by remaining in for over 20 minutes merely makes one's lips blue and one's complexion mottled.

Do not promenade the beach or lie in the sand after your bath. You have seen chickens and other animals whose nat-

ural element is not water after a drenching shower. Be warned by these humble members of creation and betake yourselves directly from the waves to the dressing room.—New York World.

Justice For the Summer Girl.

The American girl is showing her amazing address and aptitude at a thousand spots by the seaside and mountain this summer, as in a score of summers before.

As the "summer girl," she has her rattling fire of criticism to face, but the astonishing thing is not that she makes a few blunders in her social code or shows too little restraints in her behavior, but that she does not fall into worse pitfalls and cast all restraint to the winds.

Of the thousands and tens of thousands of American girls whose behavior amazes and whose beauty charms by every beach and on every hillside, the great mass have seen little or nothing of any but the narrowest social conditions in village, town or the restricted circle of a small city home until they find themselves in a big hotel leading a life of unmitigated publicity and living in the midst of strangers.

Most of these girls have had no social experience. Their mothers have had as little. Their men folk are away. On the instant they have to adjust a code of village behavior to gregarious conditions and a free contact which would be trying to one of experience. They make blunders and do much that is foolish, but their blunders are for the most part trivial and their folly mere playfulness which rarely brings them into harm.

Yet if they understood how much reserve, restraint and a rigorous self control do for a woman in public and private, how quickly it wins a respect which passes into admiration, and an admiration which ripens into something warmer, the American summer girl would add the only charm she now lacks.—Philadelphia Press.

Women and the Supreme Court.

"As a matter of fact," says Once a Week, "although eight women now have the right to practice before the supreme court, no woman has ever availed herself of that right in a practical way. The law admitting women to supreme court practice was passed in 1879 and signed by President Hayes on the 15th of February. John M. Glover of Missouri introduced the bill in the house Nov. 5, 1877. Benjamin Butler reported it to the house from the committee Feb. 21, 1878, and it passed the house the same day. The vote was 169 to 87.

"The law says that 'any woman who shall have been a member of the highest court of any state or territory or of the supreme court of the District of Columbia for the space of three years and shall have maintained a good standing before such courts, and who shall be a person of good moral character, shall, on notice and the production of such record, be admitted to practice before the supreme court of the United States.' Mrs. Lockwood was eligible immediately after the passage of the law, and she gave due notice, and on the 3d of March, 1879, was admitted to the supreme court bar.

"No other member of her sex was admitted to the supreme court for nearly six years. Mrs. Laura DeFore Gordon of California was the next to apply. She was admitted Feb. 2, 1885. Then followed Mrs. Ada Bittenbender of Nebraska Oct. 15, 1888; Mrs. Carrie B. Kilgore of Pennsylvania Jan. 8, 1890; Mrs. Clara S. Foltz of California March 4, 1890; Mrs. Lelia R. Sawtelle of Massachusetts April 8, 1890; Emma M. Gillett April 8, 1890, and Miss Kate Kane of Chicago May 26, 1890."

Mary Hallock Foote.

Mrs. Mary Hallock Foote, the artist author, is by birth a New Yorker, although since her marriage she has resided in Boise City, the scene of nearly all her recent stories. Her art education was chiefly acquired at Cooper institute, the mecca of so many aspiring geniuses. For years after her success was assured Mrs. Foote refused to let a curious public know anything of her personality. Even now but little is known of the woman, however general is the appreciation of her work. Her likeness has never appeared in print but once, and that was only after long and urgent persuasion on the part of the magazine to which all her work, both literary and artistic, is by contract pledged, and which was then publishing an illustrated article upon its contributors. Since that time Mrs. Foote has been obdurate to all appeals for her portrait, although she is besieged from every quarter.

While never permitting her home duties to interfere with the natural expression of her genius, yet, after all, it is as one of the many happy wives and mothers of America that she prefers to be known. She has three charming daughters, the eldest of whom, although very young, already displays a marked artistic talent. Mrs. Foote's work has confined itself almost wholly to illustration in black and white, and one of the greatest compliments ever paid her was that "she produced better color effects with a pencil than most artists did with a brush."—Philadelphia Times.

Changed Dresses at the Races.

The fashionable women of England, it would seem, have plenty of time to think of dress. At Ascot recently there was a heavy downpour of rain one day, and some of the ladies, thinking, doubtless, that the bad weather would condemn the race track, behold, the sun was shining, and there was not a cloud in the sky. So, with commendable promptitude, they telegraphed home for the reluctantly surrendered gowns of the morning and soon emerged like so many butterflies from so many chrysalides. Some exquisite toilets were seen. The Princess of Wales was costumed in black. She wore a cream lace ruff round her throat. During the drive she had on



LATE SUMMER GOWNS.

The gown on the right is of figured crepon bisuit and brown. It is trimmed with dotted and embroidered chiffon. The dress at the left is a figured china silk with flat lace insertion trimming. The vest is of Japan crepe. The jacket is trimmed with insertion on the bertha collar and revers.

a very becoming slate colored cape. The Princess Beatrice of Battenberg's costume was of soft cream material striped over the shoulder with deep red bands. The Princesses Victoria and Maud of Wales were dressed alike in palest cream, trimmed with blue; bonnets to match. The Duchess of Saxe-Coburg-Gotha's gown was of dark steel blue silk, with a running pattern of pinky sprays.

There were a large number of American visitors present, all gorgeously arrayed in purple and fine linen.—New York Commercial.

Summer Resort Incident.

It happened at one of the inland lake resorts of Wisconsin. A young man from Chicago was stopping there with his wife, and the wife had wandered down to the shore of the lake to enjoy the evening breeze. A short pier jutting out into the lake looked inviting, and she went out on it, unmindful of several archbishops who were hovering about the boathouse at the shore end of the pier. A few minutes later her husband came to the lake to join her, but was intercepted by one of the archbishops.

"Say, mister, is that your girl?" asked the boy.

"She's my wife," replied the young man.

"Well, you tell her to go home 'cause we boys wants to go in swimmin'," said the youngster, and thinking that would settle the matter they all retired to the boathouse to undress.

The young man promptly informed his wife of the request, but she was enjoying herself and was not anxious to leave. She laughed and called to a new arrival at the boathouse.

"Tell the boys," she said, when he had come to her, "to run out and jump into the water if they wish to. I won't look."

The little fellow hurried to the boathouse with the message, and there was an immediate council of war. At its conclusion he returned to the end of the pier and said:

"Please, ma'am, the boys say they don't risk it."—Chicago Post.

In Its Entirety.

"Go," she commanded.

"With all my heart," he rejoined, affecting indifference.

"Of course, I"—

Her lip curled in scorn.

"—have no use for any of it."

Panning only until he was sure he had the best umbrella in the hatrack, he strode to the door and was gone.—Detroit Tribune.

UNION PACIFIC ROUTE

For the Grand Army and Navy National Encampment, Pittsburg, Pa., Sept. 10, 11 and 12. The Union Pacific.

Offers the very low rate \$21.00 for the round trip. Special Coaches and Sleepers will leave Topeka via the Union Pacific, Saturday, September 8th, 2:47 p. m., arriving at Pittsburg Monday morning, 7:30 a. m. Tickets on sale September 7th and 8th, good returning up to and including Sept. 28, 1894.

Secure your tickets and reservations early, and go with the crowd.

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You can cure that cold or cough by taking Snow's Pine Expectant.

For sale by all druggists. Price 25 and 50c bottle.

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It seems almost impossible to secure for rent a really desirable house in Topeka just now. They are all taken.

Silver Leaf tomato catsup is anti-septic and should be used at your meals regularly. For sale by all leading grocers.

The Topeka Drug Co., in opera house.

Prescott & Co. will remove to No. 118 West Eighth this month.

REDUCED RATES TO WASHINGTON.

Grand Encampment of the Knights of Pythias of the World.

The biennial encampment of the Supreme Lodge and grand encampment of the Knights of Pythias of the world will be held at the National Capital August 27th to September 5th.

For this occasion the Baltimore & Ohio Railroad Co. will sell round trip tickets from all points on its lines, August 22nd to 26th inclusive, valid for return trip until September 8th; a further extension of time to September 15th can be secured, provided the ticket is deposited with the joint agent at Washington, D. C., on or before September 6th.

The round trip rate from Chicago will be \$17.50, and correspondingly low rates from other points. Tickets will also be sold at all principal points throughout the west and north-west. No matter where you start from, ask for tickets via B. & O. For information in detail, address L. S. Allen, Asst. Gen'l Pass. Agent, B. & O. R. R., Grand Central Passenger Depot, Chicago, Ills.

Tours in the Rocky Mountains.

The "Scenic Line of the World," the Denver & Rio Grande Railroad, offers to tourists in Colorado, Utah and New Mexico the choicest resorts, and to the transcontinental traveler the grandest scenery. Double daily train service with through Pullman sleepers and tourists' cars between Denver and San Francisco and Los Angeles. For descriptive pamphlets address S. K. Hooper, G. P. A., Denver, Col.

Rudy's Pile Suppository is guaranteed to cure Piles and Constipation, or money refunded. 50 cents per box. Send stamp for circular and free sample to Martin Rudy, Lancaster, Pa. For sale by all first-class druggists, and in Topeka by W. R. Kennedy, corner Fourth and Kansas avenue.

A Beautifier For Ladies.

Everybody admires a beautiful complexion. Ladies who have used the celebrated Elder Flower Cream, recommend it as the greatest complexion beautifier in the market. It is used by society ladies. For sale by J. K. Jones.

"The Crowning Beauty of Woman" is a luxuriant growth of Hair. Neggs Hair Renewer is guaranteed to give satisfaction, as it is purely a vegetable preparation, and acts directly on the roots of the hair. Sold and warranted by W. R. Kennedy.

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Have You Tried Neggs' German Salve For Piles? If not, why not? Can you afford to suffer longer for the sake of 35 cents. This is the price of the greatest salve on the market. Sold and warranted by W. R. Kennedy.

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Try Phillips' mineral water. It is considered the finest water for the stomach. 612 W. Eighth avenue. Try it.

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